

Slow-roast Beef Brisket & Roasted Sirloin

Rating



added by **Winter's** on the way to the River Cottage Community
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Prepare a beef feast of roasted Brisket or Sirloin, or both!

Cook time

Brisket 4.5 hours / Sirloin 1 hour

Servings

Brisket Serves 6-8 / Sirloin Serves 6

Ingredients

- Slow-roast Beef Brisket:
 - • 2-2.5kg piece rolled beef brisket, tied with string
 - • 4-5 garlic cloves, coarsely chopped
 - • a good handful of thyme sprigs
 - • 2-3 tbsp rapeseed or olive oil
 - • 500g small onions or shallots, peeled
 - • salt and freshly ground black pepper
- Roasted Sirloin:
 - • 1 piece rolled sirloin, about 1.5kg
 - • a little olive or rapeseed oil
 - • salt and freshly ground black pepper

Directions

Slow-roast Beef Brisket: Brisket's open-grained texture and depth of flavour make it perfect for slow-cooking. Don't let the butcher trim off too much fat – a certain amount is needed in order to achieve the final, full-bodied result. Preheat the oven to 200C/gas 6. Put the tied brisket in a large roasting tin and tuck the garlic and thyme inside and under it. Massage the oil all over the meat, then season well. Roast for 30 minutes, then reduce the heat to 140C/gas 1, cover the meat with foil and return it to the oven for 4 hours, basting from time to time. Add the onions and turn them in the meat juices. Turn the oven up to 160C/gas 3 and cook, uncovered, for a further hour, until the joint has crisped up. Serve the beef in thick slices, with any juices spooned over the meat. Roasted Sirloin: Preheat the oven to 220C/gas 7. Massage a little oil all over the joint, then season well all over. Place in a roasting dish and give it a 20-minute 'sizzle', then reduce the heat to 160C/gas 3 and roast for 10 minutes per 500g if you'd like it medium-rare, or 15 minutes per 500g for medium. Remove from the oven and rest in warm place for 30 minutes before carving.